



## Fall 2011 Recreational Training Academy Schedule for WCCYSL

### Coaches Pre-season Field session

Place: Hannah Ranch, Hercules Ca

Field session dates: **Sunday, Aug 7<sup>th</sup> and Sunday, Aug 14<sup>th</sup> 2 - 4pm**

### Coaches Classroom Q & A session

Place: League Clubhouse: 5161 Sobrante Ave. El Sobrante, CA 94803

Q & A session dates: **Wednesday, Sept 21<sup>th</sup> 7-8 pm. Wednesday, Oct 26<sup>th</sup> 7-8pm.**

### Coaches + Players Pre-season sessions

Place: Hannah Ranch, Hercules Ca

*U6 and U8* – 1hr session \*week prior to season kickoff

**Day/Time:** Saturday, 9am to 10am and Sunday, 2pm to 3pm

**Dates:** Aug 20<sup>th</sup> Aug 21

*U10 and U12* – 1hr session \*week prior to season kickoff

**Day/Time:** Saturday, 10am to 11am and Sunday 3pm to 4pm

**Dates:** Aug 20<sup>th</sup> Aug 21

### Training Camp Schedule

Place: Hannah Ranch, Hercules Ca

#### **8 Weeks Technical Training – Sunday's**

*U6 and U8* – 1hr session Time: 2pm to 3pm

Dates: September 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, Oct 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>th</sup>. And Nov 6

*U10 and U12* – 1 hr session Time: 3pm to 4pm

Dates: September 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, Oct 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>th</sup>. And Nov 6

### Coaches Spring 2012 Field Sessions

Place: Hannah Ranch, Hercules Ca- **Four Field session dates: TBD**

### Other dates:

Coach Orientation Meeting July 27<sup>th</sup>, U6-U8 (6-7pm) U10-U12 (7:30pm -8:30pm)

Opening Day and Picture are combined this year on Sunday Aug 28<sup>th</sup>. 11am -3pm

U8 World Cup Jamboree, Saturday, Nov 12<sup>th</sup>

All-Star Game Sunday, Nov 13<sup>th</sup>.